

Thurston County Opioid Response Task Force

September 14, 2020 from 3:00pm-4:30pm

Thurston County Public Health & Social Services Department

Zoom Meeting – Virtual Only

AGENDA

Description	Action Steps/Items
Welcome / Review Minutes / Review Agenda	Schelli Slaughter & Jon Tunheim welcomed everyone to the meeting. The July minutes and the September agenda were approved without updates. Introductions were done by the group.
Behavioral Health System Impacts	<p>Dr. Kira Mauseth, a co-lead for the Behavioral Health Strike Team at the Washington State Department of Health, presented information on the behavioral health impacts of COVID-19 (see slides for more information).</p> <p>Dr. Mauseth shared that the Behavioral Health Strike Team has been mapping the impact of COVID-19 by using disaster forecasts, which are the known responses that occur based on historic disasters. There are 4 phases within this forecast: impact, honeymoon, disillusionment, and reconstruction. The cycle takes approximately one year for most people, with behavioral health symptoms returning to their baseline at this point.</p> <p>When mapping the impacts of COVID-19, it is anticipated that over 3 million people in Washington will have “clinically significant” behavioral health symptoms within the next 3-6 months. The most common symptoms are expected to be anxiety, depression, and acute levels of stress. Substance use challenges are expected to increase as well, with both liquor and marijuana sales continuing to be much higher than 2019 sales. The final few months of 2020 present additional challenges that may exacerbate further decline in behavioral health status, such as: financial hardship, holiday season, the election, and a potential second wave/spike in COVID cases.</p> <p>Dr. Mauseth emphasized that emotional responses are normal, and generally first appear during the transition from the honeymoon to disillusionment phases. These symptoms can include headaches, stomachaches, fatigue, difficulty remembering, increase in carbohydrate intake, and heightened emotions. She pointed out that resilience can be developed and that resiliency now may look different than it did 6 months ago. To increase resiliency during a period of disaster, it is important to develop and maintain connectivity, find what personally motivates you, and be flexible while keeping boundaries.</p>

Washington State Opioid Response Plan & Road to Recovery Update	<p>Katie Bittinger, Research Manager at the Washington State Department of Social and Health Services (DSHS), presented on the current stage of the <i>Roadmap to Recovery</i> assessment project (see slides for more information).</p> <p><i>Roadmap to Recovery</i> is a Statewide assessment being conducted with the intention of gathering information to advance whole person integrated treatment and recovery supports for Medicaid beneficiaries. Washington was awarded \$3.8 million dollars for this project and to develop a policy framework proposal using the research findings.</p> <p>This project has evaluated a wide range of metrics to assess where Washington currently stands with treatment services and supports, including penetration rates and the types of treatment being accessed. It has also explored data showing that individuals within the Medicaid population who have a Substance Use Disorder diagnosis have a higher rate of arrest, unemployment, and homelessness than those without a Substance Use Disorder diagnosis.</p> <p>The project has 3 main findings thus far:</p> <ul style="list-style-type: none"> • Prevalence of Opioid Use Disorder and/or Substance Use Disorder vary across various population demographics • Treatment increased from fiscal year 2017 to fiscal year 2019, with a variation in the type of treatment being accessed • Those with an Opioid Use Disorder and/or Substance Use Disorder diagnosis have worse medical and social health outcomes
Momentum in Extraordinary Times	<p>Mary Ann O’Garro shared that there has been forward progress and newfound interest in various aspects of the Opioid Response Plan, as well as related topics not on the Plan, in the midst of the COVID-19 pandemic. Specifically, how there have been positive outcomes and forward momentum regardless of existing with a vast number of unknowns as the community adapts to respond to COVID-19.</p> <p>Two examples which Mary Ann shared were the increase in community interest around overdose education as well as racial equity becoming a major topic at the forefront of conversations. Katie Strozyk echoed that she has seen the local community become eager to access overdose education, as well as learn about naloxone and how to administer it in response to an overdose. Katie also pointed out how it is exciting that 2020 has brought awareness to methamphetamine use both on its own and in relation to polysubstance use. This has opened doors to advance current Response efforts to be more inclusive of all drug use and acknowledge the complexities which exist within drug use. Larry Jefferson shared that he has seen COVID-19 bring an increase in teamwork to the community and a sense of cohesiveness that was lacking before. Mary Ann added that she has seen an increased interest in moving away from incarceration and towards more therapeutic responses to drug use, noting that the Familiar Faces program at Olympia Police Department has received lots of positive attention.</p>
Membership Updates / Funding & Partnership Opportunities	<p>The following updates were shared during the roundtable:</p> <ul style="list-style-type: none"> • Dr. Cindy Grande reported that the Olympia Bupe Clinic has recently been seeing a higher volume of patients • Jennifer Simmons shared that Public Health & Social Services is working on developing a training opportunity which would combine overdose response/naloxone administration with “Question, Persuade, Refer”(QPR) suicide prevention training

	<ul style="list-style-type: none">• Krystal Pierce updated that she is currently not going into Thurston County Jail to do outreach for Olympia Bupe Clinic, but is still able to do individual visits with individuals who are currently incarcerated• Mary Ann O’Garro encouraged the group to listen to <i>The Olympia Standard</i> podcast, as it features local topics and guests (including a previous episode on the Opioid Task Force)• Miae Aramorie shared that there has been an extension in the shelf-life of Narcan, with the expiration date increasing from 2 years to 3 years• Meta Hogan said that the IRB approval is almost complete for the PEW Grant research project that is currently underway at Olympia Bupe Clinic. She also shared that Amerigroup provided \$5,000 to purchase naloxone kits for community distribution. To coincide with Overdose Awareness Day, Capital Recovery Center has launched a merchandise store on Redbubble (items promote naloxone use) to raise money for purchasing naloxone kits• Gretchen Thaller reported that the Pregnant & Parenting Women work group is working on how pregnancy tests and family planning information can be distributed into the community• Marianne Clear shared that they are looking at how pre-trial diversion can expand for pre-charge cases
Schedule & Next Steps	<p>Next Task Force meeting: November 02, 2020 from 3:00 pm- 5:00 pm. VIRTUAL ONLY – NO IN PERSON ATTENDANCE https://washington.zoom.us/j/96322983605 Call-in: 1 (253) 215-8782 Meeting ID: 963 2298 3605</p> <p>If you are interested in additional information regarding the Thurston County Opioid Response Task Force, would like to join a work group, or have further questions – please contact Katie Strozyk at katie.strozyk@co.thurston.wa.us or (360) 878-1261</p>

Name	Agency
Abdelmalek, Dimyana	Thurston County Health Officer
Aramorie, Miae	Emergent BioSolutions
Bean-Mortinson, Jason	Thurston-Mason BHASO/OHRC
Benavente, Danilynn	Providence – Chemical Dependency
Bittinger, Katie	Department of Social and Health Services
Clear, Marianne	Thurston County Pre-Trial Services
Cranos, Hallie	WA Recovery Help Line
Demus, Hayley	Olympia Bupe Clinic
Grande, Cindy, MD	Pioneer Practice / Olympia Bupe Clinic
Griffin, Tiffany	Public Health & Social Services
Hemmerle, Sean	WA State Department of Health
Hennen, Carrie	Public Health & Social Services
Hogan, Meta	Capital Recovery Center/Oly Bupe Clinic
Jefferson, Larry	Public Defense
Larsen, Anne	Olympia Police Department
List, Alissa	Community Member
Main, Taben	Capital Medical Center
Mauseth, Kira	WA State Department of Health
Menser, Tye	Thurston County Commissioner
Miley, Monica	Public Health & Social Services
Miller-Todd, Ben	Medic One
Moore, Caitlin	Cascade Pacific Action Alliance/CHOICE
O'Connor, Patrick	Public Defense
O'Garro, Mary Ann	Public Health & Social Services
Peters, Christy	Prosecuting Attorney's Office
Pierce, Krystal	Olympia Bupe Clinic
Perez, Cathy	Evergreen Treatment Services

Rosales, Matthew	Evergreen Treatment Services
Shera, Kris	WA State Health Care Authority
Simmons, Jennifer	Public Health & Social Services
Sisson, Linda	Family Support Center
Slaughter, Schelli	Public Health & Social Services
Strozyk, Katie	Public Health & Social Services
Thaller, Gretchen	Public Health & Social Services
Tunheim, Jon	Prosecuting Attorney's Office
Wimsett, Kateri	Public Health & Social Services